

RECORD OF INDIVIDUAL TRAINING

For use of this form, see USMEPCOM Reg 350-1

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INSTRUCTIONS for completion of this form are located on page 3.

SECTION I - INPROCESSING INFORMATION

Name: (Last)	(First)	Middle Initial	Rank/Grade
Service Report Date:	PCS Date:	EAS/ETS:	
	Date		Date
Commanders Interview		Mission Briefing	
EEO/EO Orientation		Drug/Alcohol Abuse	
Physical Fitness Test		Weight Control Program	
Physical Security		HAZ/MAT Program	
Fire Safety			

SECTION II - MEPS MEQS TRAINING PROGRAM INFORMATION

Primary Position	Start Date	Completion Date
Secondary		

SECTION III - PROFESSIONAL DEVELOPMENT COURSES ENROLLED/COMPLETED

Course Title	Start/Complete Date	Course Title	Start/Complete Date
1.		5.	
2.		6.	
3.		7.	
4.		8.	

SECTION IV - MILITARY/CIVILIAN EDUCATION HISTORY

School Name	Degree	Completion Date

SECTION V - MEPS TRAINING/CROSS TRAINING INFORMATION

Course Title	Completion Date	Course Title	Completion Date

SECTION V - MEPS TRAINING/CROSS TRAINING INFORMATION CONTINUED

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SECTION V - MEPS TRAINING/CROSS TRAINING INFORMATION CONTINUED

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SECTION VI

Remarks

Acronyms

PCS -Permanent Change of Station

PFT - Physical Fitness Test

EAS/ETS -End of Active Service/Expired Term of Service

MEQS -Mission Essential Qualification Standards

INSTRUCTIONS

Section	I-These topics are covered briefly by the Commander/1SG upon reporting to the command
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Section II-Self explanatory

Section III-Professional Development courses such as Time Management, Executive Writing, etc

Section IV-Training other than given at MEPS such as college courses, correspondence courses, etc.

Section V-This section can be used for any number of things such as PFT, Weight Control, Cross Training Information, etc.